

Pool Timetable

Cwmbran

Monday	
Time of Lesson	Activity
06:30 – 09:00	Adult Only
09:00 – 10:45	Open to all users
11:30 - 12.15	Aqua (Michelle)
12:30 – 13:30	Adult only
13:30 – 16:00	Open to all users
16:00 – 18:00	Children's lessons (1x lane)
17:30 – 20:00	Open to all users
20:00 – 21:45	Adult only

Thursday	
Time of lesson	Activity
06:30 - 09:00	Adult only
09:00 - 12:30	Open to all users
12:30 - 13:30	Adult only
13:30 - 16:00	Open to all users
16:00 - 17:30	Childrens lessons (1x lane)
17:30 - 19:15	Open to all users
19:15 - 20:00	Aqua (Macauley)
20:00 - 21:45	Adult only

Tuesday	
Time of Lesson	Activity
07:30 – 09:00	Adult only
09:00 – 10:00	Open to all users
10:00 - 11:00	Children's lessons (2x Lanes)
11:00 - 11:30	Open to all users
11:30 - 12:15	SwimFit Gym (2x Lanes)
12:15 – 13:30	Adult only
13:30 – 16:00	Open to all users
16:00 – 18:30	Children's lessons (2x lanes)
18:00 – 19:15	Open to all users
19:15 – 20:00	Aqua (Macauley)
20:00 – 21:45	Adult only

Friday	
Time of lesson	Activity
06:30 - 09:00	Adult only
09:00 - 11:30	Open to all users
11.30 - 12:15	Aqua (Michelle)
12:15 - 13:30	Adult only
13:30 - 16:00	Open to all users
16:00 - 18:00	Children's lessons (1x lane)
17:00 - 20:00	Open to all users
20:00 - 21:45	Adult only

Wednesday	
Time of lesson	Activity
06:30 – 09:00	Adult only
09:00 – 11.30	Open to all users
11:30 – 12.15	Aqua (Claire)
12.15 – 13:30	Adult only
13:30 – 16:00	Open to all users
16:00 – 18:00	Children's lessons (2x Lanes)
17:30 – 19:15	Open to all users
19:15 – 20:00	SwimFit
20:00 – 21:45	Adult only

Saturday	
Time of lesson	Activity
08:00 - 08:30	Open to all users
08:30 - 10:30	Childrens lessons (1x lane)
10:00 - 19:45	Open to all users

Sunday	
Time of lesson	Activity
08:00 - 11:15	Family swim
11:15 - 12:00	Aqua (Ceri)
12:00 - 19:45	Open to all users

Please be aware when swimming lessons and Swim fit are on the pool is still open

Please be aware the Spa and pool will close 15 minutes before the club closes.

Swimming timetable updated 12/04/2017